



# FIRE CREW FIREFIGHTER TRAINING

Procedures Handbook 4200

FIREFIGHTER SAFETY

**TOPIC:** WILDLAND SAFETY UNIFORM

**TIME FRAME:** 1:00

**LEVEL OF INSTRUCTION:** Level II

**BEHAVIORAL OBJECTIVE:**

*Condition:* Given a written quiz

*Behavior:* The student will confirm a knowledge of the components and proper use of the wildland safety uniform

*Standard:* With a minimum 70% accuracy

**MATERIALS NEEDED:**

- Wildland Safety Uniform
- Video: "Your Personal Wildland Safety Equipment"
- Video: "Kelly York Story"
- Writing board with markers/erasers
- Appropriate audio visual equipment and screen
- Slides/overhead transparencies for this lesson
- Student Information Sheet 4204.1-1
- Topic Quiz

**REFERENCES:**

- CDF Fire Protection Training Handbook, 4300
- Wildland Firefighting, Clayton, Day, McFadden, 1987

**PREPARATION:**

Proper protective clothing is issued to each firefighter and its use is mandatory. Your personal safety and your value as a crew member depend on your utilization of this safety uniform.



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## PRESENTATION

## APPLICATION

**NOTE:** Hand out Student Information Sheet 4204.1-1, Uniform Inspection Checklist

Display graphic  
4202.1-1, pages 1 and  
2

### I. TERMINOLOGY

#### A. Wildland safety uniform checklist

1. Safety helmet
2. Chin strap
3. Goggles
4. Gloves
5. Nomex shroud
6. Nomex shirt
7. Nomex pants
8. Cotton underwear
9. Lug-soled work boots with 8" high top
10. Uniform pants

What other safety  
items need to be  
considered?

### II. USE

#### A. Proper fit for each individual



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<p>B. Proper adjustment</p> <ol style="list-style-type: none"><li>1. Safety helmet<ol style="list-style-type: none"><li>a) Adjust headband and head strap<ol style="list-style-type: none"><li>1) It is the responsibility of the firefighter to ensure that his/her equipment is properly adjusted</li></ol></li></ol></li><li>2. Goggles<ol style="list-style-type: none"><li>a) Pull rubber strap to secure but keep comfortable</li><li>b) Be sure lens is clean<ol style="list-style-type: none"><li>1) Glasses are not a substitute for goggles</li></ol></li></ol></li></ol> <p><b>NOTE:</b> Discuss problems which can occur with poorly fitting clothing</p> <ol style="list-style-type: none"><li>3. Fire resistant shroud<ol style="list-style-type: none"><li>a) Fasten in front for fires and wear down, on back and outside of hard hat when in ready position</li><li>b) Do not roll up shroud inside between suspension system and helmet<ol style="list-style-type: none"><li>1) This defeats the separation principle which provides for maximum cushioning of impact on shell</li><li>2) It also cuts down on ability to release heat from around the head</li></ol></li><li>c) Bandanas will not be worn as a substitute for Nomex shrouds</li></ol></li></ol>	



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<ul style="list-style-type: none"><li>C. Use full wildland safety uniform during active fire fighting operations</li><li>D. Follow supervisor's directions regarding loosening of uniform during mop-up operations<ul style="list-style-type: none"><li>1. Supervisors are aware of potential heat-related injuries. Ask permission before unzipping safety clothing</li></ul></li></ul> <p><b>III. CARE AND MAINTENANCE</b></p> <ul style="list-style-type: none"><li>A. Replace worn-out or damaged clothing or items (i.e., goggle lenses, torn Nomex)</li></ul> <p><b>NOTE:</b> Point out ways damage can occur</p> <ul style="list-style-type: none"><li>B. Proper laundering of clothing<ul style="list-style-type: none"><li>1. As specified on manufacturer's care label<ul style="list-style-type: none"><li>a) Wash separate from other types of clothing</li><li>b) No starch, bleach, or fabric softener</li><li>c) Machine wash<ul style="list-style-type: none"><li>1) Warm</li></ul></li><li>d) Tumble dry<ul style="list-style-type: none"><li>1) Low</li></ul></li></ul></li></ul></li><li>C. Safety helmet<ul style="list-style-type: none"><li>1. Cleanliness<ul style="list-style-type: none"><li>a) Headband</li><li>b) Straps</li></ul></li><li>2. No modifications</li></ul></li></ul>	



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<ul style="list-style-type: none"><li>3. Do not clean plastic hat with solvents, use soap and water</li><li>4. Proper identification<ul style="list-style-type: none"><li>a) Color and/or striping identifies rank; decal for camp identification</li></ul></li><li>D. Goggles lens kept clean<ul style="list-style-type: none"><li>1. Clean with water and tissue paper<ul style="list-style-type: none"><li>a) Avoid abrasives</li></ul></li></ul></li></ul> <p><b>IV. SAFETY</b></p> <ul style="list-style-type: none"><li>A. Clothing is FIRE RESISTANT not FIRE PROOF (requires safe working practices and common sense)</li><li>B. Fire resistant clothing offers no insulation, so cotton and other undergarments become important in reducing exposure to radiant heat burns</li><li>C. Safety uniform and equipment is only good if it is properly worn<ul style="list-style-type: none"><li>1. Sleeves to be rolled down and fastened</li><li>2. Shroud immediately available</li><li>3. Shirt worn outside pants</li><li>4. Shirt buttoned</li><li>5. Appropriate use of gloves and goggles</li></ul></li></ul>	<p>Why is a cotton T-shirt required?</p> <p>Display graphic 4202.1-1, page 3</p>



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<ul style="list-style-type: none"><li>a) Gloves protect from:<ul style="list-style-type: none"><li>1) Mechanical damage or trauma</li><li>2) Heat</li></ul></li><li>b) Gloves made of fire resistant leather and long nomex wrist gauntlet</li></ul> <p>6. Cotton T-shirts to be worn under nomex at all times</p> <p>7. Nomex pants must fit properly over bloused work pants</p> <p>8. Fire shelter, web belt, and canteen worn outside nomex shirt</p> <p>D. Physical fitness and training exercises while wearing safety uniform will help the body acclimate to the added body heat caused by fire resistant fabrics</p> <p>E. Because of the added body heat caused by these fabrics, it is important that potassium and body fluids be replaced</p> <p><b>V. STORAGE</b></p> <p>A. Proper place and procedure for keeping wildland safety uniform</p> <ul style="list-style-type: none"><li>1. Store in fire engine, CCV, or appropriate storage area when not in use</li></ul> <p>B. Responsibility for lost items</p> <ul style="list-style-type: none"><li>1. You are accountable for all items issued to you</li></ul>	<p>Administer Topic Quiz</p>



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## ***SUMMARY:***

The proper care and use of your safety uniform is vital to your performance as a firefighter. Using all of your safety clothing is mandatory and non-compliance will not be tolerated.

## ***EVALUATION:***

The student will complete a written quiz at a time determined by the instructor.

## ***ASSIGNMENT:***

Review your notes and Student Information sheet 4204.1-1 in preparation for the upcoming quiz. Study for the next session.